

Bran Banana Muffin³⁰

Number of Servings: 30 (51.8 g per serving)

| Amount | Measure | Ingredient |
|--------|---------|--|
| 2 1/2 | cup | Cereal, All-Bran |
| 2 1/2 | ea | Banana, fresh, med, 7" to 7 7/8" long |
| 2 1/2 | ea | Eggs, whole, raw, lrg |
| 1 3/4 | cup | Milk, 1%, w/add vit A & D |
| 9 1/2 | Tbs | Shortening, all purpose, part hydrog soy & ctnsd oil, USDA |
| 2 1/2 | cup | Flour, all purpose, white, bleached, enrich |
| 5.00 | tsp | Baking Powder, double acting |
| 1 1/4 | tsp | Salt, table, iodized |
| 9 1/2 | Tbs | Sugar |

Nutrients per serving

| Nutrition Facts | |
|--|---------------------------|
| Serving Size (52g) | |
| Servings Per Container | |
| Amount Per Serving | |
| Calories 120 | Calories from Fat 45 |
| % Daily Value* | |
| Total Fat 5g | 8% |
| Saturated Fat 1g | 5% |
| Trans Fat 1.5g | |
| Cholesterol 20mg | 7% |
| Sodium 210mg | 9% |
| Total Carbohydrate 18g | 6% |
| Dietary Fiber 2g | 8% |
| Sugars 6g | |
| Protein 3g | |
| Vitamin A 2% | Vitamin C 4% |
| Calcium 6% | Iron 8% |
| *Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. | |
| | Calories: 2,000 2,500 |
| Total Fat | Less than 65g 80g |
| Saturated Fat | Less than 20g 25g |
| Cholesterol | Less than 300mg 300 mg |
| Sodium | Less than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 • Carbohydrate 4 • Protein 4 | |

Instructions

* may use brown sugar instead of granulated sugar

Serving size: 1 muffin= 1CS

Combine All-Bran and milk. Let stand until all moisture is absorbed.

Add eggs, banana (sliced or mashed) and shortening. Beat well.

Mix dry ingredients. Add to first mixture, mixing only until combined.

Divide batter into # of muffin cups for the yield of the recipe (~2/3 full).

Bake at 375 F for 18-25 minutes or until a toothpick inserted in the center comes out clean.

1 muffin = 1 CS